Chocolate Chip Brownies

Chocolate chip brownies are more common than butterscotch or peanut butter brownies. The chocolate chips do not have to be melted. They melt as the brownies bake. Most store bought gluten free brownie mixes are chocolate chip flavored. Their flavor and texture is only slightly different than the old fashioned gluten filled brownies. These can be good broken up and sprinkled on gluten free, lactose free, vanilla ice cream for a taste of chocolate chip ice cream. Easy to mix, bake, and enjoy. Tasty with or without chopped pecans and walnuts.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla Flavor (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.

*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
***Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 cup baking mix (gluten free)
  - Verify ingredients:
    - 1 teaspoon baking powder
    - 1/4 cup of butter (1/2 stick)
    - 2 eggs
    - 1/2 teaspoon vanilla (gluten free)
- 1 cup of brown sugar
- 1 cup of chocolate bits
- Dash of salt
  - Optional:
    - 1/2 cup of chopped pecans, or
      - 1/2 cup of chopped walnuts

Preparation time: 15 minutes

Preparation:
1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   - 1 cup baking mix (gluten free)
     - Verify ingredients:
       - 1 cup of brown sugar
       - 1 teaspoon baking powder
       - 1/4 cup of butter (1/2 stick)
       - 2 eggs
       - 1/2 teaspoon vanilla (gluten free)
   - Dash of salt
3. Grease the bottom of the 2.5 quart glass baking pan lightly with butter.
4. Add to mixing bowl:
   - 1 cup of chocolate chip bits.
     - Optional:
       - 1/2 cup of chopped pecans, or
         - 1/2 cup of chopped walnuts
5. Mix thoroughly.
6. Pour into greased pan.
7. Place greased pan in oven at 350 degrees. Set timer for about 13 minutes.

8. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
9. Allow brownies to cool slightly before cutting and removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 25 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 15

Storage Solutions: Square containers
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.